



Because Her Health Shapes Everything

Services We Offer

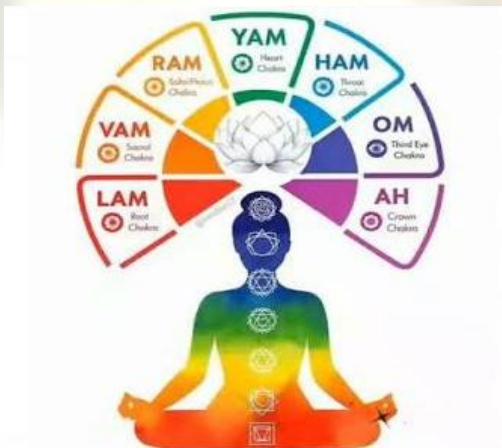
Personal Wellness

Personalized wellness programs designed to support physical, mental, and emotional well-being through meditation, mindfulness, breathwork, and holistic practices.

- ✧ Guided Meditation
- ✧ Mindfulness Meditation
- ✧ Breathwork & Pranayama
- ✧ Stress & Anxiety Management
- ✧ Better Sleep Meditation
- ✧ Emotional Balance Sessions
- ✧ Meditation for Hypertension & Diabetes Lifestyle Management
- ✧ Women's Wellness & Menopause Support
- ✧ Pregnancy Meditation
- ✧ Students & Senior Citizens Wellness



Chanting & Sound Programs



Guided traditional and sound-based practices promoting relaxation, focus, emotional balance, and inner well-being.

- ✧ Om Chanting & Vedic Chanting
- ✧ Gayatri Mantra & Mahamrityunjaya Chanting
- ✧ Sanskrit Mantra & Beej Mantras Learning
- ✧ Nada Yoga
- ✧ Kirtan & Bhajan Meditation
- ✧ Chakra Chanting
- ✧ Healing Frequency Sessions

Corporate Wellness Programs

Workplace wellness programs designed to improve employee well-being, resilience, productivity, and engagement.

- ✧ Workplace Stress Management
- ✧ Burnout Prevention
- ✧ Digital Detox
- ✧ Mindfulness at Work
- ✧ Emotional Intelligence
- ✧ Focus & Productivity
- ✧ Leadership Mindfulness
- ✧ Resilience Training
- ✧ Shift Workers Meditation
- ✧ Team Mindfulness Sessions
- ✧ Hybrid/Online Corporate Meditation
- ✧ Executive Wellness Coaching



Premium Programs

Personalized, high-impact programs with dedicated expert guidance.

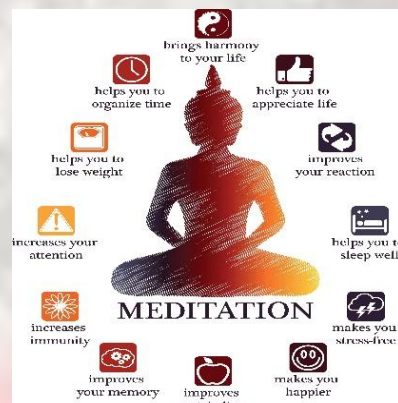


- ✧ 1:1 Executive Meditation Coaching
- ✧ Family & Couple Mindfulness Sessions
- ✧ Parent-Child Meditation
- ✧ ADHD Mindfulness
- ✧ Teen Emotional Wellness
- ✧ Cancer Support Meditation
- ✧ Caregiver & Grief Support
- ✧ Spiritual Counselling

Subscription Programs

Structured programs that encourage consistent practice and long-term wellness.

- ✧ 21-Day Meditation Challenge
- ✧ 40-Day Mindfulness Journey
- ✧ 90-Day Stress Reset
- ✧ Sleep Better Program
- ✧ Weight Management Mindfulness
- ✧ Emotional Detox
- ✧ Workplace Calm
- ✧ Daily Morning Meditation
- ✧ Evening Relaxation



Online Workshops

Interactive wellness experiences combining education, guided practice, and practical techniques.



- ✕ Meditation for Beginners
- ✕ Breathwork Masterclass
- ✕ Science of Meditation
- ✕ Sound Healing
- ✕ Chanting Workshop
- ✕ Yoga Nidra
- ✕ Mindful Parenting
- ✕ Exam Stress Management
- ✕ Women's Wellness Retreats

Flexible Formats:

We offer wellness solutions for individuals, organizations, and communities through flexible delivery formats.

- Live 1:1 Consultations
- Group Online Classes
- Offline workshops
- Corporate Wellness Contracts
- Monthly & Annual Subscriptions
- Recorded Meditation Library
- Personalized Meditation Plans
- Certified Meditation Courses



Wellness Herbal Infusion Products

Product Categories:

Category	Products
Women's Wellness	Hormone Balance Botanical Infusion, PCOS Support Blend, Menopause Comfort Blend
Sleep	Sleep & Calm Blend, Night Relaxation Infusion
Stress	Adaptogen Blend, Ashwagandha Botanical Drink
Gut Health	Digestive Blend, Bloating Relief Infusion
Weight Management	Metabolism Blend
Skin & Hair	Glow & Hair Nutrition Blend
Immunity	Tulsi-Ginger Blend
Detox	Daily Detox Blend
Focus & Energy	Brain Boost & Morning Energy Blend